

PRESS RELEASE

3d Marine Division Surgeon
Camp Courtney
Okinawa, Japan

MENTAL HEALTH SELF-ASSESSMENT PROGRAM

As we continue to rotate each war fighter in and out of the Iraq and Afghanistan combat theatres, I want to alert each of our 3d Marine Division families to a new, exciting, DOD-funded, **family oriented** on-line program. This anonymous, 24/7, voluntary, on-line, basic mental health screen is designed for military and family members who may not want to come forward in person, but are concerned about their own or another's symptoms. This is a potential resource for those experiencing symptoms of combat stress, and who would rather not talk to someone about it. This mental health self-assessment program is **not** a replacement for the re-deployed war fighter participating in annual suicide prevention training, deployment support awareness training, and the Warrior Transition Program. Five screening programs are available: depression, bipolar disorder, alcohol, generalized anxiety disorder, and Post-Traumatic Stress Disorder (PTSD). These screening programs will not provide a diagnosis, for that you **must** see a professional. The screening programs will reveal symptoms that are consistent with a particular concern that you may have, and would benefit from further evaluation or treatment. Guidance is given as to where you may seek additional assistance; with references to OCONUS phone numbers for TRICARE and other counseling services. Also, please remember that basic resources available to each of you include our Unit chaplains, OSCAR mental health experts, and the USNH Okinawa. You can access the screening programs from the MCCS website (www.usmc-mccs.org, click family life, click suicide prevention, click resources & links, click feeling disconnected). Another access point is www.militarymentalhealth.org.

My office is always available to discuss any concerns that you may have regarding the use of this comfortable prevention tool as we continue to make education and care both available and attractive to the Marines, Sailors, and Families of the Fighting Third. If you have any questions please call my office.